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# A case report of Trivrut Leha Virechana and Rasottamadi Lepa in Indralupta

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## ABSTRACT

Acharya Vagbhata has explained about *Indralupta* regarding its *Nidana*, *Lakshanas* and *Chikitsa* in *Uttaratantra*. *Indralupta* is a *Shiroroga* characterized by patchy hair loss on scalp, itching and anxiety. This condition can be correlated with Alopecia areata due to similarities. Though there are many modalities described in modern science, still it is not possible to cease the permanent impairment. In *Ayurveda*, many modalities are being described for *Urdhwajatrugata Rogas* and for *Shirogata Vikaras*. Among them *Virechana* is best in *Indralupta* as it is a *Pittapradhana Vyadhi* and *Virechana* is *Shreshtha* for *Pittaharana*. The *Virechana Karma* is explained by *Brihatrayis*. The complete procedure of *Virechana Karma* includes *Poorvakarma* (*Deepana*, *Pachana*, *Snehapana*, *Abhyanga* and *Swedana*) which helps in mobilization of the *Doshas* to the site of elimination and causes vasodilatation in order to expel out the *Doshas* from the body, and provides better channel for absorption of the *Oushadhi*. *Pradhanakarma* (*Virechana*) eliminates the *Doshas* from the body. *Paschatkarma* (*Sansarjana Krama* and *Rasottamadi Lepa*) eliminates the remaining *Doshas* and causes better absorption of *Oushadhi* which ultimately eliminates the symptoms of the disease. A clinical observation has shown effective result in the treatment of *Indralupta* with *Trivrut Leha Virechana* and *Rasottamadi Lepa* and here we are revalidating the statement of our *Acharyas*. A case report of a female, aged 28 years with complains of patchy hair loss on scalp in crown and right temporal region, itching on scalp and anxiety has been presented here.

**Key words:** *Indralupta*, *Alopecia areata*, *Poorvakarma*, *Pradhanakarma*, *Paschatkarma*, *Virechana*, *Trivrut Leha*, *Rasottamadi Lepa*.

## INTRODUCTION

*Indralupta* is a disease of *Shiras* characterized by patchy hair loss<sup>[1]</sup> on scalp in crown and right temporal region, itching on scalp and anxiety. Alopecia areata can be correlated with *Indralupta* due to similar *Lakshanas*.

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*Alopecia areata* is an autoimmune disease characterized by patchy hair loss on scalp without any inflammatory signs. Its prevalence in general population was estimated at 0.1-0.2% with a lifetime risk of 1.7%.<sup>[2]</sup>

Its main treatment in contemporary science is Corticosteroids which is having harmful side effects and not advisable for long term use.<sup>[3]</sup> Ayurveda offers different effective treatment modalities for the management of different autoimmune diseases like psoriasis, eczema etc.<sup>[4]</sup>

In *Ayurveda*, both *Shodhana* and *Shamana* treatment are prescribed for *Indralupta*.<sup>[5]</sup> Here a case of female patient suffering from *Indralupta* was successfully treated with *Virechana karma* with *Trivrut Leha*,<sup>[6]</sup> application of *Rasottamadi Lepa*<sup>[7]</sup> and *Nidana Parivarjana*.

## CASE REPORT

A 28 years female with loss of hair on scalp in crown and right temporal region in patchy form, itching on scalp and anxiety, came for consultation. There were patchy hair loss measures 5x4cm and 3x3cm on right temporal region and crown region respectively.

### Past History

Patient took systemic antibiotics, anti allergics, topical applications many times, got symptomatic relief but symptoms use to reoccur within few days. No permanent relief seen.

### Procedures Administered to the Patient

Patient administered *Virechana* with *Trivrut Leha* followed by *Sansarjanakrama* and application of *Rasottamadi Lepa*. The details of the procedure are shown in table below:

1.	Poorva Karma	Deepana, Pachana, Snehana, Swedana
2.	Pradhana Karma	Virechana with Trivrut Leha
3.	Paschat Karma	Application of Rasottamadi Lepa

### Treatment Duration

Karma	Days
Deepana, Pachana	3 days
Snehapana	3 days
Abhyanga, Swedana	3 days
Virechana	1 day
Total	10 days

## RESULT

Patient got marked improvement and there was regrowth of hair on patchy area with one sitting of *Virechana* and application of *Rasottamadi Lepa* on patchy area for 15 days.

## DISCUSSION

**Overview:**<sup>[8]</sup> Sudden hair loss that starts with one or more circular bald patches that may overlap.

**Causes:** Alopecia areata occurs when the immune system attacks hair follicles and may be brought on by severe stress.

**Symptoms:** The main symptom is hairloss. Other symptoms are anxiety, itching or small dents in nails.

**Treatment:** Treatment consists of steroids and self care. Treatment may address any underlying conditions and includes topical scalp medications.

**1) Medications:** Steroids, Vasodilator, Anti-inflammatory, Immunosuppressive drug. Steroid: Modifies or simulates hormone effects, often to reduce inflammation or for tissue growth and repair.

Vasodilator: Widens blood vessels.

Anti-inflammatory: Prevents or counteracts swelling in joints and tissues.

Immunosuppressive drug: Reduces immune response.

**2) Self care:** PUVA- Applying UV light to the skin, often with a topical medication, to treat certain skin conditions.

Stress management: Pursuing an enjoyable activity or verbalising frustration to reduce stress and improve mental health.

*Acharya Charaka* mentions that *Tejas* by involving *Vatadi Doshas* when reaches the scalp, it results in *Indralupta*.<sup>[9]</sup>

*Acharya Sushruta* and *Acharya Vgbhata* opines that *Pitta* along with *Vata* involving the *Romakoopa* causes fall of hair and thereafter *Kapha* along with *Rakta* obstructs the channel of *Romakoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta*.<sup>[10,11]</sup>

Probable Mode of Action of the Treatment Given

**1) Deepana- Pachana Oushadhi:** Oral administration of *Chitrakadi Vati* enhances the *Agni* i.e. modulates the digestive power that renders the *Pakwa* state of morbid *Doshas*, so that later it may be expelled out easily by *Virechana Karma*.

**2) Snehapana:** *Snehapana* with *Moorchita Tila Taila* does *Vatanulomana*, *Agnideepana*, makes

Pureesha Snigdha and Asamhata, and Makes body Mridu and Snigdha.

- 3) **Sarvanga Abhyanga:** Sarvanga Abhyanga with Mahanarayana Taila increases the blood circulation and helps in mobilization of the Doshas from the affected part in to Amashaya, from where Doshas are removed by the Virechana Karma.
- 4) **Sarvanga Swedana:** Bhashpa Swedana helps in elimination of the Doshas from the site of morbidity to the site of elimination.
- 5) **Virechana Karma:** In this procedure the Doshas collected in the Amashaya will be expelled out through anal orifice. The Dravya used was Trivrut Leha.
- 6) **Rasottamadi Lepa:** removes the remaining Doshas.

## CONCLUSION

The patient suffering from Indralupta was successfully treated with Ayurvedic Shodhana therapy i.e., Virechana Karma. Nidana Parivarjana was also a necessary part of the treatment. This treatment protocol should be clinically evaluated on larger number of patients to confirm their efficacy.

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